

You could eat an elephant if you do it one bite at a time. That's, that's something that's always bad, right? You just know, people say there's this big thing to do. If I just do one little step at a time, I can get there. But I'm going to say, Why in the world you want to eat an elephant. And I can't see the chat anymore. So maybe what I'll do is I'll stop sharing my screen. Oh, well, she does this tech, this is where you go. Oh, it doesn't work the way you think it's going to work and you just go on with it. Why would you want to eat an elephant? How did you I see you. And Kevin. I see you too. Thank you. I love it. This way. I can see people. Why do you want to eat an elephant? Nobody wants to eat an elephant. You're hungry, I guess. Okay, maybe because you're hungry. So you started at an elephant. Why else? Tau h? I will challenge the one. I've been challenged to eat one. Okay. So then there's a reason to do something, right? Anyone else got any thoughts? Why would you want to eat an elephant? You're like, okay, that's a lot to go to. Large goal. All right? You think about it. You go back here. Even though talk about eating elephants, they really talk about something big that you want to do that you're like, oh my gosh, I'm so overwhelmed. I just and then like just just choose one little thing, right? And sometimes when I'm overwhelmed, I'm like, okay, I just gotta have one chunk at a time. And that's really what it's talking about. It's not so much eating an elephant as it is accomplishing little things. And so when there's a big thing to do, I could paper 20 page paper money will have you ever written a 20-page paper? Yeah. How did you do it? Like you just write a little bit at a time. When I wrote my dissertation, it ended up being like 300 pages. And I'm thinking, I never in my life that I would write anything that that was was that long. But it was not difficult because I just wrote a paragraph at a time and a little bit at a time, a little bit at a time. And pretty soon it's like, oh, look at that. I've already got a 100 pages. So there's a man named Simon Sinek. I don't know if you've met him and if you have who'll cause I'm a fan girl. But if you haven't met him, he's big on leadership and setting goals and he created what he calls the golden circle. And this golden circle is basically, I'm accomplishing things. A lot of us know what we need to do. The what is pretty easy, right? I need to do these assignments. I need to run this many miles. I need to eat this type of food. I need to take these classes so I can graduate from college or whatever it is. We even know how we have the syllabus for our classes. We've searched YouTube and we know all about or Pinterest or whatever you do to find out about meal plans and running. And we know how to do it. And yet he says that these two are not really the best reasons and not really the ways that we accomplish our goals. When we know the y, when we know why we're doing something. I'm like, why did I weighing in at the very beginning? Like why do you want to get an elephant? Why are you wanting to run a mile? Why are you wanting to take this class? Doesn't really matter what you get out of it. Why are you doing those things? And so that's the challenge that I have for you, is to find out why you're doing things. A little goals. You're just doing them to do them and that's great. But are they pieces of a bigger goal? So what I want you to do is I want you to think if somebody your goals, and I want you to take out a piece of paper. And I want you to write down some of those goals that you have. You don't have to have an exhaustive list, but I just want you to practice this for a minute. And then I want you to think about why. Why do you want to do whatever that is, that goal. I used to want to run a marathon. I've changed that to finish. And why why would I want to do that? And that's really, I don't know yet. I haven't figured it out because I'm not there yet. And maybe that's why I'm not there because I don't know why I would do it. And then I want you to write down the wise. So kind of two to three steps. I want you to think of the goals. I want you to write him down some of the goals that you have. And I want you to write down why, why you want to accomplish whatever that is trying to accomplish. I see you there. She's down there somewhere. Maybe. Hey, thanks for the way of their girl. As you drive and don't be looking at me then just listen to me. So I hope that you've thought of some of these things. And this is one of those

activities you can do all the time because a lot of times we write down the list of things we do for the day, right? Or we list these big goals that we want to accomplish, but we don't really have a reason for doing them other than they have to get done. And sometimes that's a good reason, right? Sometimes that's something that we need to do. We have to find a reason and it makes it easier. How many of you have ever felt like that? Is there really yeah. Right. Anything to open my eyes for? It started for me about April. March was kind of nice. Right. It's like, oh, I can I can do this. Your spring break now, I'm just going to work from home and office in April came and I'm like, what am I getting up for? Is there a reason for this? And then may came and I don't know if you guys were like this, but the my mental health my anxiety went my mental health went down a precise way. There's no reason to even get out of my bed. I've never slept in so much in my life, like my entire life. As I did between April and August, I became this slug and I didn't really have a reason. What am I getting up for? I can do everything I want right from my bed if I need to. And it became a little difficult. Right? Let me feel like this. Oh wow, something's come and that's just going to blow it all over and it's going to ruin my entire artwork when those difficult trials come. Right? Now. This one, I don't know if you're going to be able to well, I have a poll everywhere and I don't know that you'll be able to see. It becomes of not being able to share in the presenter view. But what are some barriers? Put them in the chat, I guess. What are some barriers to achieving goals? And I can no longer see the chat, but maybe I can. Yes, I can. What are some of the barriers? And I know you probably want to have it. I'll be anonymous, but it's too big to large goal. What else are some barriers to achieving your personal goals? Time. Thank you, Josie. Thank you. Thank you. Thank you. Huge. What else? Ability RI abilities like right now, if I could run a mile, I would hope the ability personal conflicts. Yeah. Okay. Fear of failure, conflicting Tell me a camera and I'm gonna call you out here for a minute. What do you mean by conflicting circumstances? Like other situations they get in the way of achieving your goals like things that conflict with it and make it hard for you to achieve them. Yeah, yeah. Wait, wait. Or do you need employable preventing sample? Ramsay, That's artist. But when things, things, how do you choose which one you're going to do? And you're like, oh, I'd really like to do this, but I've got all these other things. And kind of like I'm like live work work, that kind of highlights the timeout, but it's also conflict the right. I'd like to be able to do these things, but I have to work. I'd really like to do a lot of things, but I sit in this office a lot. I'm like, okay. So how can I do both? Because sometimes they conflict, right? Anyone else? Barriers. Are you okay, Target? I guess I'm going to have to come in. Huh? So there's the part that you can't see, it was going to be this cool little word cloud that you made, but you know, that's how life goes. So sometimes goals are unclear. We don't we aren't specified enough. Sometimes they're unrealistic. I think I'd like to run a marathon by the end of this week. Now some of you would do that. My son, he's like, have you ever run a marathon at the end of the month? I'm like, you're weird for one but two. Right? That's not something that's not realistic for me. For him who runs all the time, Greg. Sometimes they're not manageable. Sometimes not fear of failure as much as just looking at the negative side. Don't answer this with a hand raise or anything. But some of you are yes people and some of you are know people. Your first thought is, No, I can't do that. Instead of, I'm going to figure out a way to do that. And so sometimes a barrier is thinking on those negative size sites. Sometimes we are goals are dependent upon other people. Group work. How many of you like it? Not so many people sometimes, Oh, you do a good job, Cameron. Sometimes you I kinda get this paper and by this time and but you've got all these other people that are working on it. And so it's conditional upon their their behaviors. So it's out of your own control. How about any of you like me? We try to do too many things at the same time. I'm gonna do this and this and this and this, this, this and this. And I'm like, wait, wait, wait. And I'm a horrible not Manager of time but estimator of time. I always think, oh,

it's going to take me ten minutes to do that. 45 minutes later and then I forget, oh, I've gotta have ten minutes to drive from here to here or 30 minutes. And I just like, oh, well, by the end of the day I, you know, I haven't accomplished much because I try to do too many things at one time. How many do I have ADD? Yeah, like I I kinda have ADD and under the same thing where I'll like allocate time before it happens and I'll try to like fit everything and I'll just do this to this. This will take an hour and how allocate time before I even have it. You know, Kevin, I'm laughing because I always laugh. No, no. I always joke about having ADD I've never been diagnosed with it by any means. But my son the other day said Mom, I think you have ating well, squirrel over there and I'm maybe I do I don't know. I've never been diagnosed but second person who said something, so maybe maybe I do. I don't it's really hard to know. I don't really know and that it for a while I just kinda dealt with in high school and it has a really became a cup like problem until college because there's a lot more of the focus on yeah, I like to, there's a certain playlist I have that focuses mage and I can't have things going on outside, so maybe I do. But let's move on to the next one. Very little personal motivation. I'd rather watch Netflix. My daughter play soccer in high school. And she really wanted to be super in shape for this year. And then the summer came and coded came. And she worked a lot and her motivation to get in shape instantiate just kind of about this, not anticipating potential barriers. I had this great PowerPoint down and I can't even presented to you because that's a barrier that something happened, right? This is a huge one. How many of you are good at asking for help? I see no. Oh, good. And maybe a little bit. Cameras like no, not me. Very few of us asked for help to accomplish our goals. Why isn't? Because when we were two years old, we said. I can do this because I'm a big girl and now I have or big boy for those of you who are voice. And now I, and that's how you live the rest of your life is I need to do this and I'm going to do it by myself. My little girl used to say my myself. Okay, you're gonna do it by yourself. But you don't have to. Life isn't meant to be lived by yourself. You need help. Goals are flexible. Like I said, I used to have this goal of running a marathon. Let's be flexible. I'd like to finish it. I bet I could finish it if I walked a lot and if I worked at it. So let's adapt and be a little bit more flexible with ourselves. And specifically in this semester, this semester of giving ourselves a little bit more kindness and grace as we set these goals and realized there's a lot of things that are go where we want to go. You can't really get where you want to go. If you don't know where you are, you have no, you can't really get directions. A camera and how do I get to well, you really the high percentage. Well, it depends on where you are. You can't say go out, you're building turn left because I may be on the other side, so you have to know where you are. You know how am I going to get to California? I know it's west. So okay. I'll start by just heading west. But there's a lot of different ways to get places. And so you have to know where you are right now to be able to know where you're going to get or how to get there. I hope that makes some type of sense up. So I'm going to fast didn't mean to do that. So we have some steps for achieving goals. Number one, examining where you are. That's knowing where you start, right? If I'm going to have my goal to run a mile or to eat healthy. I have to know where I am at this moment and I have to develop a vision. I can see myself doing that. Then I set goals. There's achievable goals smart, you've probably seen that before. And then you develop an action plan. And once you've got that action plan, you put it into into, into action and implement that. And you start doing it. But you need to have a support network. And sometimes we think our support network as our family and our friends and those cheerleaders. And while those are really good supporters, sometimes we need to jump out and add other people that are really good at doing something. I know Mr. Martin Williams is a great support person and he would be for anything you want to do to bounce ideas off of him. How about instructors that you have? How about if you want to write a book, talk to an author. Everyone has an email address except my dad.

Everyone in the world. And you can email them. Some of them actually might respond and say, yeah, let me help you. This is, these are the things that I've done or they can give you some, some, some tips and tricks, right? And the last one is a reward system. Now, in the remainder of the time, let's kinda go through each one of these. We talked about examining where you are, but you have to figure out what's in your control. If I'm right here and I want to get right there, how much control do I have over anything? That's a big part of it. And it depends on the situation obviously. But here we go. It's all about starting. Many of us start and never finish. But if we never start, we'll never get to an end. We'll never get to the goal that we really wanna do. All success starts with step one. Step one client would order on sale. All dreams of greatness are great. We must remember to appreciate the joy of the start. Starting, taking one step, and that step is going to be difficult and hard and painful. But take that step and the next one's a little bit easier and a little bit easier, right? Vision, developing a vision. Simon Sinek told you I'm a fan girl, right? Vision is the ability to talk about the future with such clarity. It's as if we're talking about the past. Can you see yourself walking across the stage for graduation with the cap on? I don't know what you're going to put on the top of your cap. Can you see yourself moving the tassel over? Can you see yourself getting an A on that test, that vision? My dad used to say, if you can't see it, it will never happen. If you can believe it, it will never happen. So it's creating that vision of what you want to accomplish and see yourself doing it. Studies have shown that people who visualize and have this vision of accomplishing things actually accomplish a lot more than those who just practice and just keep working hard, but being able to see yourself and having that positive. I'm going to add a friend in high school. He said he wanted to hit a line drive over the fence, not just a pop fly over the fence and get a home run, but he wanted it to be a line drive. And he said he would lay in bed at night and picture himself at the plate. And he envisioned to swing and everything that it took us some time and he struck out plenty of times. But he finally did what he had envisioned. Because remember our mind. It always, constantly wants to learn things. And when we put positive, wonderful visions in there, it says, okay, I could figure out how to accomplish that as long as we don't stop it with a barrier that says I'm not good enough. There's no way I can do that. I don't have enough time, enough money, enough, anything, right? So as we develop a vision right down, some of these things get on your little piece of paper by the end of the day, what do you want to do? Have a vision in your head by the end of the day, I just created mine. I know it's just a crazy list. It's on a piece of paper or my o by the end of the day, I need to make sure this is done. This is done. This is done. Can I see it? Right? My husband last night. So I'm gonna put all the quilts under here. I'm like no, no, no, no because they'll get all dirty. I don't want them in these bags that I vacuum it out. And I've been going to do it for a long time. But now I feel like okay, I'm go, okay, I've got a vision. This is what I'm going to do, right? See it. By the end of next week. Write it down. What are you going to do? The envision it, see it by the end of the semester. By the end of the year. Whether it's the school year or the calendar year, what will you do? What's a place you'd like to travel? Or go envision it and begin to make it happen. It may not happen today or even next week or even next year. But as you continue this vision board, have you ever heard of a vision board before creating one of those, but yeah, I swear it you see it up there. And you're constantly seeing and what does your brain do? I'm gonna do that. I'm going to figure out how to do that. You don't even have to, you don't have to do much of anything. Your brain starts working it out. If you'll just let it work at all. And so creating that vision before you want, before you die, what is the legacy that you want to leave? What do you want to accomplish, right? And then we have to set these goals to accomplish at Howard where there's little bites to create it, to eating that elephant. A little bite starts with something specific, measurable, achievable, realistic, and time. Is it important to you? And it is an important enough for you to, to take

little bites and to determine what those little bites are. Because a lot of times will sit back and go, oh, I think I'll watch Netflix. Oh, I think I'll do this. Instead of taking that little time and letting your brain fine little steps for you to take. Sometimes it's oh, and talking to people, right? It's just in the talking and finding a network of people. Now, I talked about family and friends, professionals. But what about successful people in your life? Who are your role models? Could they be or support person? Who were the people that you admire? Could they help you? Or there are people like Simon Sinek that I often quote or Brin a Brown. Could they be in my support group? But they're big and famous. One of the coolest things I ever did at the beginning of my PhD. I was talking to one of my friends. I was driving and talking to issues. You should contact this lady at this university who has developed a program like that and maybe you could do something like that. I'm thinking alright, founder email and I emailed her thinking she'll never, I mean, some student. Why would she ever email me? But she did. And that started a whole and a lot of change in my life. I went to Austria. Now I take students to study abroad in Austria. All of these things happened because I just reached out to somebody who is bigger, better, more famous, and more well-known than I am. Now. She might not even think she's well known. But because I did, I reached out. And if they don't reach out or respond, none the better, none the worse, right? It doesn't really matter. But if they do, just think of the support that you could receive, you know, somebody that has done the same thing that you want to do. If you do. Column, email them. See those goals that you wrote down at the beginning. Is there's someone that you know that has done that. Write it down and make a goal, make a promise to yourself. I'm going to email this person and then do it. The last one is that reward system. The reward system of all reward systems, et al, is very personal, right? It doesn't, it's not. I'm going to have this type of reward works for every single person. My one son, money doesn't motivate him. Now time on his Xbox might motivate him. I had a son this like Now Momma, you need the money more than I do. You do it. I'm like, well, that's not the point, but you have to find out what it is that motivates you. For me, it's not going shopping. But some of you want to go shopping. And so set a goal and say, I'm done with this, then I go shopping for me. As soon as I finish this bit a grating, then I can get up. I just want to get up and out of my chair and out of my office for me. So I set myself a goal, get this much done, and then you can go for ten-minute walk. Alright, so then I'm focused and I can do it. Maybe camera Mike, he said I had related, you have to do. But it's something that you enjoy. Doesn't matter what it is. Maybe you're going to get an ice cream cone. Maybe you're gonna go for a run, but I've gotta get my homework done first. Enters your goal, find a reward that works for you. So I figured out something like ADD something like soda in class and doing your homework. Sugar helps with the, and preparing yourself, doing pretty warm ups before homework and studying and stuff like that. Because you feel less prepared to do it. So when you prepare yourself to do it, the ADD goes away a little bit and anxiety. Look at you. Maybe you should teach this. That's wonderful. You find out what it is for you. Because as much as I can tell you the principles in the box, it all depends on you and your specific way of doing it. If you prepare yourself cameras, like if I couldn't have a soda or some sugar and prepare myself for this than the ADD and the anxiety goes away. My daughter loves to plan things. List makers, right? I gotta have this list and then I can do it, whatever it is for you and find out your personal strategies. That's the best thing. Now we only have 15 minutes, but I want to show you a bit of this this video. And so I don't know, maybe I'll just go over here to where it is and it's at cuz I don't know about and dah dah dah, dah dah dah dah, dah dah dah dah dah dah dah, dah, dah, dah, dah. And you see that screen? No. No. Alright, so watch this. How do I stop sharing? Where's modal share thing? There it is. So I'm going to stop sharing and I'm going to share it again, ensure that screen and go back to it. See there's where there's a will, there's a way, right, my friends. All right, so you see this now? Yam ADI. Right?

There we go. After a long wait. Can you hear it though? You can hear it well enough. Okay. Got the subtitles to grow. 30, 30-day. Any minute. You want the truss. I even found my date, what they read, what they remove social media for my devices. I want I know when I'm even elementary school, I remember seeing a guy turned assembly as she could juggle really well. And at that point in my life, I said, oh, that'd be cool and making sure, you know, that you guys and I can't because my grandma and I got to the thoughts but I start dragging. One. I gave up. I was like, Okay, I guess, but those third Kellogg's juggling. So earlier this year, Janssen and I add exactly like a list. And I know I've done a couple of intents. We were able to learn how to juggle. And after 30 days, I was able to get my goal of learning how to do ten shrinks. Another layer below that. I have not gotten by Guy, by Istanbul eat. But I am willing to try what I can do the following 30 days. He said You both for ourselves. So how many of you guys when you were younger only to quit before you come with your mom really wanted me to become a plus miles. Wow. But once you do, because you kept secret, is called a colleague or a finger piano. And you can learn to found within five minutes or theories by an incentive video to remind you a lot when you're old piano teacher. Although there's music, welcome Julia, PDSA, instead of documents that they're going to love it. Yeah. Dana, I may not be able to train our master, but reasonably aesthetic all from our list four, how did sites? And now I don't have a high empowering. And I think it's I hope I never have to use that word. Or when we happen to sell across the ocean. But i e yes. Gentlemen, nice diagonal to work 20 constellations of our mythologies. But now we know that if we're in the Northern Hemisphere, we're never bright stars, which are Ursa Major. The overheads and polarities which has been or start. The lighter aren't camp Arcturus of Dartmouth and beauty? Or it's better to make eye candy. But FET crowd agree on who we are, the lion. Yeah. Okay. I, I would've never start a juice. But I will do my best to be a REP, REP, get repertoire. That will do both because again, Google, I think I was nervous in front of you all. Okay. Are there people here? Like if you ever do one of these days better that night? Yeah. I am sure I am sure that OK. Do you think because I'm an Olympian, I didn't do anything AT anything really fast. On the NIH. That's pretty useful. But I am willing to try. I am really into pieces by any natural pots and fears that I have that you all might be judging my mistakes and critiquing my technique. It workmanship. Once they realize that this life is never compare ourselves with others, but didn't act. Our fears on perfection and judgment will stay. Develop your talents, whether you believe your talents and if M or not, we aren't just needing a legacy at every major chapter in their lives, but we are meeting legacy sprout. Each and every behaves if I realize, I would I guess be as life by sharing, how is what we have learned with others, by helping others become the best version of themselves possible. Why it is not mentioned? It is meant to be lived. If we want to move forward, we look forward to a bright future. If I complete my challenge, would be to make a list of who you want to become. Do you want the word free, feel worthy? Create your bucket list. Break your goals down for 30 to 90 day go and hold yourself accountable. Each and every day. Each and every day. Those are crazy goals, right? Anna was a you they had learned to juggle. Yeah. I mean but she gave some turn up the volume. I apologize. You got it. She gave some great advice though. For ten minutes a day. What could you do for ten minutes a day? I tell my students. I tell my sons I even tell my daughter ten minutes a day. Work on your schoolwork. Ten minutes a day or more. Each class? Ten minutes a day. How many of you brush your teeth? Yes, you should all be raising your hand. How often should you brush your teeth? Twice a day. Right? For how long? Two minutes at a time. So that's seven days, that's 14 minutes a week, is alright. Pretty much. That's it. So what have I decided that I was going to brush my teeth for what is 714 minutes? No, no, not 40 minutes. What does that? 28 minutes. 28 a week. A week. 28 minutes for an entire week. Ooh, Bel for a camera and make your bed every day. I just pull my chute up

or my blankets or at least looks made 28 minutes a week for brushing your teeth. Four minutes a day times 728 minutes. So let's just say I decided that I'm going to do that on Sundays. I'm going to brush my teeth for 28 minutes on Sunday and I never do it again. Is there a problem with that? And it's like, oh, I hope you're not my teacher. Right? And if you are, then I'm going to sit in the very back. That's not how life works. If you can do it every single day. Every single day. I don't have any homework in that class, mom. Ok. Just review your notes every single day so that you can remember. Because what does your brain wants to do? That wants to figure things out. It just does. That's how they were made. And so if you just get in every single day and just review your notes on my teacher just told stories. Will why did she tell stories or why did he tell stories? What was he getting at? If you can just kind of go through it every single day instead of just cramming or a tests, right? I'm going to run the marathon, so I guess I'll start working on it a week before. That's not going to work. Right? My son, the very first year that he went to school, he called me in the middle of the night, like I'm an hour difference. So when it's midnight for him, it's one o'clock AM for me. And the phone rings and began, what what's wrong? I'm thinking my son, there must be something wrong if he's calling me at 01:00 AM, right? My son knows that I'm asleep at that time. He says mom, the tests closed. I don't even know what you're talking about. He said the test closed. I might. Okay. Well, I wasn't finished. What time did an open? Well, it's been open all day. And I said, well, what time did you start? He said 1150. I said, well, how many questions? And he's like, well, there was like 75. I'm like, well, how are you knew 75 questions in nine minutes? Because it's going to close. So you have to kind of plan for that, right? Ten minutes a day, not cramming at the end, not trying to get it all done in this much time. If I were to share my screen again and go back, but I'm not. Develop a vision. Start where you are right? Examine where you are. Develop a vision, set some goals and objectives. An action plan to get there. And then have a support group. Make sure you have a support group, somebody that can help you. Maybe it's an accountability partner that says, Jake, Have you studied today? And you're like, shut up, I don't want to study you like you're the one who asked me to keep me accountable. And so find somebody that's going to keep you accountable for the things you wanna do and then set rewards. In college, there's convenience store down the road and they had German chocolate cake ice cream. And my friend worked there and gave me the end bag of popcorn when they close. And I knew if I could make it to that time and I study until that time, she would bring a holonomic hot ambiguity. I got it. And that would help me the rest of the time. Maybe that's why I need a lot of weight over Cove inches. That's how I Maybe I should not have rewards as food. I don't know. Anyway, goal-setting is all about one step at a time. One bite at a time, ten minutes at a time, little chunks, little chunks. And then to not beat yourself up when you can't do it in a day. You fail a test. Big deal. I can't say one person in the world that is not in college right now that didn't fail a test. Marvin, Do you ever fail test? Yeah, I did. We all now you're all going, ooh. But we, failing a test is not the end of the world. It just says, okay, I've gotta do something different anyway. That's the time. I have one minute to say, thank you so much.